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GOLDEN GLOBES

Big wins for Jennifer Lawrence, Matt Damon, Kate Winslet, Lady Gaga, Sam Smith — and more

metroLIFE



Edmonton metro

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WELCOME TO PARADIS

Columnist tackles Edmonton
metroVIEWS



NEW



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Hungry for parking

DOWNTOWN

Expert says issue part of the problem for grocery stores

 Tim Querengesser
Metro | Edmonton

The city's minimum parking requirements are an unexamined but powerful culprit behind downtown Edmonton's food desert, according to an expert.

Craig Patterson, a researcher at the University of Alberta, recently made headlines with his study that identified much of Edmonton's downtown as a food desert as a result of the few grocery stores.

Patterson said the city has to examine how its bylaws contribute to this trend—which he notes will partly improve with several new or proposed grocers, including a Planet Organic on Jasper Avenue, a Loblaws in the Brewery District and a Whole Foods at Rogers Place.

A powerful carrot to entice more gro-

fers downtown, he said, would be “reducing parking requirements per square foot of retail space.”

At the moment, Edmonton bylaws require grocery-sized retailers to provide one parking space for every 33.3 square metres of shopping space.

The Loblaws grocery store in downtown Toronto's Maple Leaf Gardens has 154 parking spots for its 7,567 square metres.

To fit Edmonton's bylaws it would need 227, or about 47 per cent more.

Patterson said each parking spot costs developers roughly \$40,000 and grocery-store margins are super thin, which is part of why grocers continue to locate on land outside the more expensive core, he said.

Coun. Scott McKeen feels the parking minimum discussion ignores smaller (but often more expensive) downtown groceries that “pick up the slack,” including Earth's General Store and several new Shoppers Drug Marts, which have small food sections.

He also said the present situation will change over the next few years. “We are in the midst of a construction period downtown ...” he said.

BIG BRASS SOUND



Members of the Trocadero Orchestra played for a big crowd at Edmonton City Hall on Sunday as part of the weekly Swing and Skate event. RYAN TUMILTY/METRO

A swingin' month set for city hall

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Your essential daily news

Sean Penn faces criticism over interview with Mexican drug kingpin 'El Chapo.' **World**



MEN'S FASHION

Flannel Foxes shoots scenes with women

Lucy Haines
For Metro | Edmonton

Male-inspired womenswear isn't a new thing, but a couple of 20-something Edmontonians (and self-proclaimed "tomboys") are creating a social-media buzz with their fashion posts that are all about guys looks for women.

"The dresses and heels in a lot of women's fashion blogs didn't do anything for us, and for a lot of other women, too," said Meagan Henderson, a NAIT videographer who started the blog Flannel Foxes with long time friend, Brittni Goshulak, about a year ago.

"I do think we're doing something that is exclusive and unique. Many women tell us they want the simple, minimalist look that is more typical of menswear. It can be layered, casual, street-wear with Converse (shoes), a jean jacket and toque — or made into 20 different looks."

While Flannel Foxes now has some 5,500 Instagram followers, a website and blog, and a burgeoning clothing line (T-shirts



Local bloggers Flannel Foxes recreate images from men's fashion with female models.

CONTRIBUTED

and hats, so far), the accidental bloggers and now fashion experts say it was all created on a whim while browsing menswear fashions on Pinterest.

"We thought we'd recreate a man's look — matching the clothing, background and pose and posting the comparative shots to Instagram," Henderson said. "Within a few weeks, Buzzfeed in the U.S. named us one of the top tomboy bloggers, and our followers jumped by a thousand in one day."

Henderson and Goshulak each spend a couple of days a week writing the blog and doing a photo recreation — they've done 150 to date — while their boyfriends acts as photographers.

Local businesses allow the pair to borrow or they even donate clothes and gear for the photo shoots.

Caroline Gault, community manager at Poppy Barley, said supporting fellow local brands and even promoting each other on social media makes the relationship with Flannel Foxes a win-win.

"They are in the spotlight — they hit a niche — and while it's their own, natural style, it's right on trend with the 'men's wear for women' looks," said Gault.

At over six-feet tall, Goshulak said it was partly necessity that led her to the man's department growing up — a place where shirt sleeves and inseams were longer.

"It was a hobby for us at first, but now we see the potential for more — adding a lifestyle and home component to the blog," she said. "This is just who we are, but it's meeting a need for something other than the very feminine fashion blogs for women."

"We say it's 'man-inspired, but woman-perfected.'



Reuben Quinn teaches Nehiyaw, or Cree, classes through the Centre for Race and Culture. ALEX BOYD/METRO

Talking culture

INDIGENOUS EDUCATION

Popular Cree class connects students with language

Alex Boyd
Metro | Edmonton

For Reuben Quinn, language means more than words — it's a step on the road to reconciliation. This is the fifth year Quinn has taught introductory Nehiyaw (better known as Cree) classes through the Centre for Race and Culture.

His is not the only class in

Edmonton but it's the only one to use a star chart — an eight-sided symbol made up of 44

symbols, 14 consonants and eight directions — that has as much cultural meaning as it does phonetic.

Each symbol represents a sound, but is also a cultural link.

"Within each of these is a teaching," he says, pointing to one of the symbols. "This one here, which means 'Love each and one another.'"

It's a method Quinn learned after being liberated from a residential school in the early 1970s. He'd grown up speaking Nehiyaw on the Saddle Lake reserve but was beaten for using it while in school, leaving him to relearn much of it later in life.

Now, he's not a fully fluent speaker, but sees the revival of the language as a key to regaining culture.

"A conquered people does not write their own history," he says. "(Without language)

you take on the ideas of the colonizer."

In classes he uses the example of the word "Iskeew," which means woman, and he says, roughly translates as someone who brings forth generations.

But somewhere along the way it's been misinterpreted as "Squaw," a word with less positive connotations.

"It's one of the saddest parts of our history," Quinn says.

Quinn says residential schooling chipped away at indigenous culture and language suffered. Linguists estimate that Nehiyaw has dropped from about 600,000 words prior to European contact to about 30,000 presently.

Since starting the class, more than 200 students have passed through his classroom — Quinn says the class attracts a mix of people, from those of aboriginal heritage looking to reconnect

with their history to people with adopted children of aboriginal heritage to those who just wanted to communicate more easily.

While Quinn is clear to cover the history of the language and recent policies that have led to the decline of the language, he aims to make it inclusive for everyone.

"One of the things I refuse to do is guilt making or blame finding, I absolutely refuse to do that," he says.

He notes that while historically government policy contributed to the language's decline, the class is now funded through grants from Heritage Canada.

"It's quite hard to give us back our lifestyle," he says, but regaining language is important. "It's a small part of reconciliation, but it's reconciliation nonetheless."

IN BRIEF

Second suspect in northern Alberta homicide turns himself in to police

A second suspect in a death that followed the discovery of an unconscious man in Alberta last summer has been arrested.

RCMP say Jesse Prestly Laboucan of Atikameg, Alta., turned himself in to police on Saturday in High Level.

Ryan Joseph Ellefson, 20, of High Prairie was found

outside a store in the community in July and died later in hospital.

An autopsy determined his death was a homicide.

Dakota Anderson, 20, was charged last week with second-degree murder in the case.

Anderson — a resident of Gift Lake — is to appear in court on Monday in High Prairie.

THE CANADIAN PRESS

CRIME

Stony Plain RCMP make cocaine seizure

A routine traffic stop led RCMP officers just west of Edmonton to a massive cocaine seizure worth an estimated \$1.7 million.

Officers were working on

Highway 16 on Saturday when they stopped a vehicle for an equipment violation.

During the stop, officers had indications that lead them to start a drug inves-

tigation and deployed a canine unit.

Police service dog Henri looked through the vehicle and discovered 17 kilograms of cocaine. The driver

a 66-year-old man from Surrey, British Columbia has been charged with one count of possession of a controlled substance for the purpose of trafficking. METRO

TRAFFIC SAFETY
Police eye new strategy

Pedestrian advocates are welcoming an Edmonton Police plan to do more to keep roads safe, but they say road design is a big part of the problem.

"(The year) 2015 was a dangerous year on Edmonton's streets," said Chief Rod Knecht. "In total, EPS investigated 35 fatal traffic accidents, an increase of 52 per cent over 2014. Every one of these fatalities was preventable."

Fourteen of those killed were pedestrians, compared to 10 the year before.

A local pedestrian advocacy group, welcomes the police focus, but believes the city needs to take stronger action.

"Until the streets are redesigned to prioritize the safety of people rather than vehicles, then actions like enforcements or campaigns to beg drivers to slow down or pedestrians to look both ways will have minimal effect," said Conrad Nobert, co-founder of Paths for People.

Coun. Scott McKeen said the city is heading in that direction, but has to work around decades of planning. "Edmonton was designed for automobile traffic and the quick and expedient movement of cars," he said.

As part of the new strategy to make roadways safer, a team of Specialized Traffic Apprehension Team (STAT) officers will be sent to monitor school zones, crosswalks and playgrounds in neighbourhood areas starting end of February, Knecht said. In particular, officers will be focusing on speeding in school zones, distracted driving and prolific offenders.

"We expect the number of traffic and warrant arrests to increase substantially," he said.

SANAM ISLAM/METRO
 WITH FILES FROM METRO

City holds its first official welcome for refugees

CITY HALL

About 120 Syrian migrants attend event



Sanam Islam
 Metro | Edmonton

It's been less than two weeks since Jalila Al Chakh arrived in Edmonton with her family, but the Syrian refugee said they already feel at home.

Edmonton's first official welcome event for Syrian refugee families held at City Hall Friday only made that feeling stronger, she said.

"I'm very appreciative that they're doing this event and for the hospitality," Al Chakh said through a translator at the ceremony. "People are very nice and welcoming us with open arms."

About 120 Syrian refugees attended the event, which was organized by the Edmonton Federation of Community Leagues (EFCL) and the Edmonton Refugee Volunteers.

"The purpose was to introduce and welcome them to Edmonton and the community," said Fatima Al Sayah, an organizer with the Edmonton Refugee Volunteers.

Sponsors, representatives from settlement organizations and politicians — including Labour Minister Lori Sigurdson and city councillors Scott McKeen and Mike Nickel — were there to meet the Syrian families.

Booths were set up to provide brochures and answer questions, and free toys and soccer balls were given out to Syrian



Fatima Al Sayah, an organizer with the Edmonton Refugee Volunteers, talks with a refugee child at the event Friday.

COURTESY AERIS PHOTOGRAPHY

children.

Volunteers had also set up a kids' corner, where throughout the night, children coloured, got their faces painted and played games.

"In addition to welcoming them, the event was a way to connect (Syrian refugees) with others in the community, including other Syrian families,"

I'm very appreciative that they're doing this event and for the hospitality ... People are very nice and welcoming.

Jalila Al Chak

Al Sayah said.

Connecting is especially important for those who arrived

in Canada through private sponsorships and are often cut off from others, she said.

Al Sayah is one of 200 volunteers — mainly University of Alberta alumni — that make up the Edmonton Refugee Volunteers group.

In addition to organizing the welcoming event, the group has been providing Arabic classes, mental health sensitivity training and translation services for Syrian refugees.



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Wanted: New historian laureate

COMMUNITY

Role described as 'cheerleader for all things heritage'

 **Alex Boyd**
Metro | Edmonton

Edmonton is the only city in Canada with a historian laureate. The fourth will be named soon — Monday is the last day to nominate someone — so we had a few questions for the outgoing laureate, writer and historian Danielle Metcalfe-Chenail.

Metro: How do you describe the role of the historian laureate?

Metcalfe-Chenail: The official cheerleader for all things heritage in the city. I'm a keener and always looking for ways to encourage people to connect with the past through their own family and community histories, heritage buildings or their particular interests. After all, there's a history of everything from sports, to fashion, to music, to immi-



Danielle Metcalfe-Chenail, left, is collaborating with several local contributors to launch an anthology entitled *In This Together: Fifteen Stories of Truth & Reconciliation*. COURTESY GIBBY DAVIS

gration (I think I've written on all of them in the past year).

Metro: Any favourite memories?

Metcalfe-Chenail: I loved spending time at City Hall School and taking part in the citizenship and heritage fairs (even though I got volunteered to sing the national anthem; luckily everyone joined in). And all the chances I had to

speak with Edmontonians about their experiences and passions around heritage were inspiring. The round dance I helped organize as part of Reconciling Edmonton last November, though, was something that still breaks my heart right open every time I think about it. I was so proud of this city and the work people are doing every day to understand the past and move reconciliation

forward.

Metro: You've championed stories about indigenous people and women. Are these voices being heard?

Metcalfe-Chenail: I'm an optimist and I think we are making tremendous strides in the right direction. I heard recently that any social movement takes about a hundred years, so social justice and

 I'm always looking for ways to encourage people to connect with the past through their own family and community histories.

Danielle Metcalfe-Chenail

true equality will go through more ebbs and flows in the coming years. But engagement by groups like the YEG Feminist Club, Reconciliation in Solidarity Edmonton (RISE), and the Amiskwaciy History Series is powerful and the efforts by the Edmonton Heritage Council and local heritage institutions to make space for new and different stories is important.

Metro: Future plans?

Metcalfe-Chenail: I'm actually headed to Houston, Texas, for a stint but have plans to return to Edmonton as often as possible.

HOUSING

Building permit values fall

Statistics Canada says the value of building permits issued by municipalities fell sharply in November, with widespread declines in most provinces, particularly Alberta.

The federal agency said Friday building permits were down 19.6 per cent from October to \$6.2 billion, dropping below the \$7-billion mark for first time since May 2015 as a result of big decreases in both residential and non-residential construction.

The value of residential-building permits fell 17.8 per cent to \$4 billion, the third decline in four months.

Alberta led the way lower, with the value of permits falling 56 per cent to \$953 million, after a particularly strong showing in October as contractors filed permits in advance of changes to the Alberta Building Code.

In the non-residential sector, the value of permits decreased 22.7 per cent to \$2.2 billion in November following slight gains the previous two months.

THE CANADIAN PRESS

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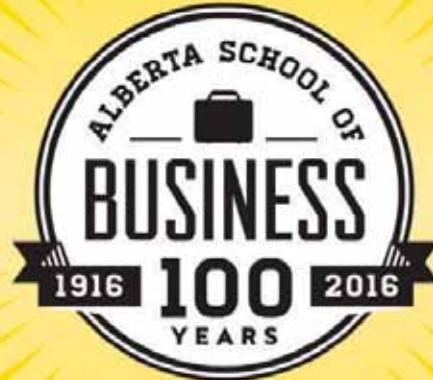
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WILDLIFE

Devoted bear management dog dies at 15

The last of the remaining members of Alberta Fish and Wildlife's first pair of bear management dogs has died at the age of 15.

Kuma the Karelian bear dog was one of Canada's first dogs assigned to track and direct bears.

Alongside his brother, Mica — who died at the age of 10 — Kuma assisted Fish and Wildlife officers in southern Alberta with keeping wildlife from wandering into dangerous

scenarios for both the animals and the human population.

District officer John Clarke said at first it was just bears, but over time the dogs also worked with moose, cougars and bighorn sheep.

Kuma was retired in 2012 but he devoted his retirement years to public relations work such as visiting local schools and preschools, where he would be spoiled with treats and cuddles by the excited children.

Kuma's younger sister and former partner, Koda, now carries the lead in the field.

According to his handlers, there was no greater thrill for Kuma than to receive the command, "Get the bear!"

Kuma excelled at tracking and treeing bears and his skills drew the attention of documentarians and media outlets.

Clarke credits Kuma with saving his life on two occasions.

The bear management dog fended off the advances of a

ferocious grizzly bear and a rampaging moose during the pair's time together.

"Kuma actually just dove in the air, hit it in the chest, and knocked it off balance. I was very impressed with how he did that. He got a steak that night," Clarke said.

Clarke says Kuma never failed to do his job and made a lasting impression on so many people and animals in the Crowsnest Pass.

THE CANADIAN PRESS



Brian and Morgann Tomlinson were fined \$100 for shovelling off part of a pond for skating. JASON FRANSON / THE CANADIAN PRESS

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WINTER SAFETY

Storm-water pond ice is unpredictable, says engineer

Mark Loewen and his research team spent the last two winters hauling around a radar machine and drilling through ice as children and adults raced around on skates and fired slapshots.

The Edmonton scientists now are crunching data in what Loewen, a University of Alberta civil and environmental engineering professor, believes is the first comprehensive study of ice on city storm-water ponds.

So far the study has confirmed what most municipalities already know — ice thickness on small suburban lakes is not as certain as ice that forms on natural water bodies. It's constantly changing as runoff and drainage water flows through the ponds all year.

"A lot of time the ice covers can be safe" said Loewen. "But if they're safe on a Monday, that doesn't mean they're safe on a Friday."

"And it's that unpredictability that is the cause for concern."

Water moving through the ponds can be warmer and turbulent and melt ice faster, said Loewen.

Even if water has frozen all the way to the bottom of a shallow

section, channels of water can still cut through it.

Another contributing factor is road salt, he said. Depending on how much is applied to nearby roads and how much runs off into ponds, it can also speed up thawing.

Just two weeks ago, park rangers fined a man \$100 after he shovelled off and flooded a section of a pond behind his family's home. Because there's no specific bylaw against skating on the ponds, the ticket was for modifying land in a way that could cause injury.

Oil-refinery worker Brian Tomlinson said his family has skated on the storm-water pond in the past without trouble. When he told his kids that it was off-limits this year, his three-year-old daughter burst into tears. Tomlinson, who says there's nothing more Canadian than playing pond hockey, plans to fight the ticket in court next month.

It's the first fine related to a storm-pond rink that the city has issued in the last few years, said Greg Komarniski, a city park ranger.

The pond behind Tomlinson's home is a bit different than others, he said. Called Poplar Lake, the pond is fenced off and marked with a sign warning of thin ice. It's also an environmentally sensitive area. In this case, Komarniski said, rangers responded to a complaint and decided to give Tomlinson a ticket rather than a warning.

if they're safe on a Monday, that doesn't mean they're safe on a Friday.
Mark Loewen

THE CANADIAN PRESS

Researchers study city's ice

'This isn't who we are'

VANCOUVER

PM, McCallum slam pepper-spray attack on Syrian refugees

Matt Kietyka
Metro | Vancouver

Prime Minister Justin Trudeau was one of many public figures who denounced a pepper-spray attack on Syrian refugees in Vancouver at the weekend.

The police called it a "hate-motivated crime," and Canadians joined in condemning the attack. It happened as about 100 people — including several newly arrived refugees — congregated outside Vancouver's Muslim Association of Canada Centre after a welcome ceremony on Friday night.

Vancouver Police Department Chief Adam Palmer said an unidentified male person riding

by on a bicycle approached the group and pepper-sprayed them. Fifteen people were treated for exposure to pepper spray.

A high-profile member of Canada's Syrian community said the pepper spraying was likely a one-off event and doesn't reflect how the majority of Canadians view the newly arrived migrants.

Tim Kurdi — the aunt of three-year-old Alan Kurdi, who drowned while fleeing civil strife in Syria — says the support Canadians have shown to refugees is "unbelievable" and they shouldn't be blamed for Friday night's incident. "To be honest, Canadian people would not do this, the majority of them," Kurdi said. "They are big supporters to the refugees."

Canada's Immigration Minister John McCallum described it as an "isolated incident" that won't tarnish the country's migrant-friendly reputation.

"This isn't who we are — and doesn't reflect the warm welcome Canadians have offered."

WITH FILES FROM THE CANADIAN PRESS



Flames from a wildfire near Oliver, B.C., in August last year.

JONATHAN HAYWARD/THE CANADIAN PRESS



A crew battles a blaze in the La Ronge area on northern Saskatchewan in July. CONTRIBUTED/THE CANADIAN PRESS

PARKS

Wildfires drain firefighting reserves

\$14 million

The cost of services last summer. Parks Canada reserves about \$8 million a year to fight fires.

Wildfires scorched a record amount of Canada's national parks last year — the latest in a number of long, hot summers that have almost entirely depleted Parks Canada's firefighting reserve.

"We had a very busy fire year," said director of fire management Jeff Weir. "We had more wildfires than normal and those fires burned larger areas than normal."

The agency's annual fire report recorded 122 wildfires in 2015 that burned through 4,600 square kilometres — sev-

en times the area of the city of Toronto. The yearly average is 82, and, in 2014, the amount of park land burned was 3,000 square kilometres.

Most of the damage in 2015 occurred in a single park. Fire

licked through 3,700 square kilometres of Wood Buffalo on the boundary between Alberta and the Northwest Territories.

Parks Canada reserves about \$8 million a year to fight fires. Any money not spent is rolled into a reserve to be used in busy seasons.

Lightning strikes on tinder-dry forests made 2015 the third big fire year in a row. Firefighting cost \$14 million last summer and the reserve is pretty much depleted, Weir said.

If it becomes necessary, the money would probably come

from funds earmarked for other ecological restoration projects, Weir suggested.

Climate scientists have predicted that busier fire seasons will be one consequence of global warming and that will affect the parks, Weir said.

"If climate change is going to result in longer and drier summers ... we're going to have a longer fire season, which will result in more ignitions and larger fires. Climate change is likely to increase our fire load across Canada."

THE CANADIAN PRESS

UNIVERSITY OF TORONTO

Library gets collection of letters written by Stalin's daughter

Luke Simcoe
Metro | Toronto

A new collection arriving at the University of Toronto library reveals what it was like

to grow up — quite literally — under one of the 20th century's most famous dictators. The Thomas Fisher Rare Book Library has just acquired a collection of letters written by Svetlana Alliluyeva, the only daughter of former Soviet leader Josef Stalin.

"Can you imagine having Stalin as your father?" said the library's director, Anne Donderman. "She had an amazing and difficult life. Her mother committed suicide when she was young, members of her

family were disappeared, her first lover was sent to Siberia, and the list just goes on."

Written towards the end of Alliluyeva's life, the letters were sent to British artist Mary Burkett. The two women initially discussed art, but

quickly developed a deeper friendship.

"She seemed to feel a bond with Mary from the start and she told her quite a bit about her personal life and what it was like growing up with her father," Donderman said.

The correspondence was put up for auction after Burkett's death, and secured by author Rosemary Sullivan, whose recent book, *Stalin's Daughter*, is an intensely researched account of Alliluyeva's life.

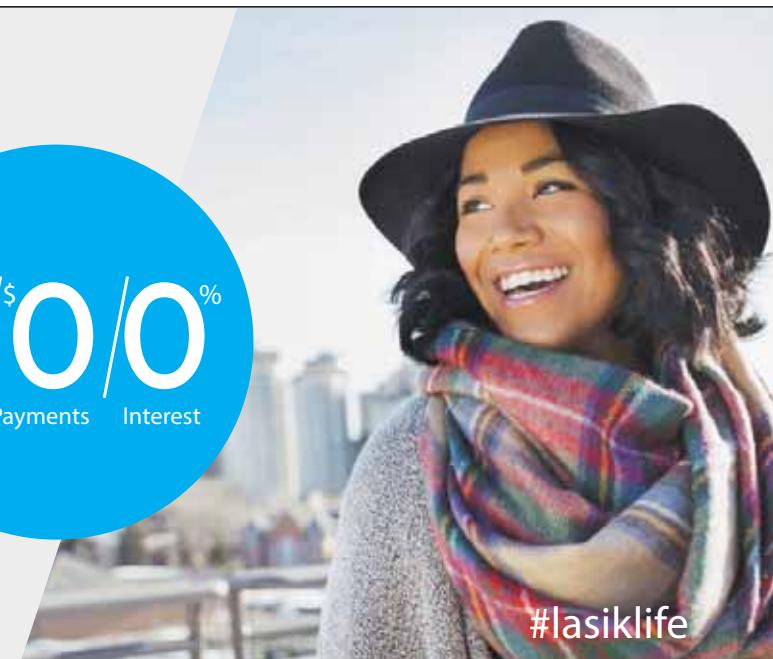
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Trump levels jabs at Cruz

REPUBLICAN RACE

Contests rival on basis of his Canadian birth

Businessman Donald Trump taunted fellow Republican candidate, Texas Sen. Ted Cruz, over his eligibility to be president and professed bafflement that he's not beating him in Iowa polls, as a delicate détente between the two became ever more frayed.

The race is intensifying with just over three weeks remaining before the Feb. 1 Iowa caucuses lead off the state-by-state nominating contests. Trump leads Cruz by double digits in national polls, but the Texas senator leads in some Iowa polls, which could give him a boost heading into the Feb. 9 New Hampshire primary.

With Trump in Iowa for the first time in the new year, Iowans were seeing a sharp contrast between the grinding Iowa campaign of Cruz — whose five stops Saturday completed a six-day, 28-event bus tour — and the splashy mega-rallies that have become as much Trump's brand

as his gilded hotels. Both have attracted overflow crowds: Trump at halls and stadiums; Cruz in coffee shops, convenience stores, churches and diners.

Cruz, who has long maintained there is no issue with his Canadian birth since his mother was a U.S. citizen, repeated Saturday that "the laws and facts are quite straightforward." The Constitution says only a "natural born citizen" may be president.

Legal scholars generally agree the description covers foreign-born children of U.S. parents. Cruz renounced his Canadian citizenship in 2014.

"You can't have a person running for office, even though Ted is very glib and he goes out and he says, 'Oh, well, I'm a natural born citizen.' The point is, you're not," Trump said during a rally Saturday in Clear Lake, Iowa.

"I mean, you've got to get a declaratory judgment, you have to have the courts come up with a ruling or you have a candidate who just cannot run because the other side will immediately bring suit and you've got that cloud on your head."

THE ASSOCIATED PRESS



Donald Trump flashes thumbs up after an address to a group of supporters at a campaign stop in Burlington, Vt., on Jan. 7. CHARLES KRUPA/THE ASSOCIATED PRESS

ISLAMIC RELATIONS

GOP rally boots silent protester

An advocacy group is seeking an apology from Republican presidential candidate Donald Trump after a Muslim woman standing in silent protest at one of his rallies was heckled and escorted out.

The Council on American-Islamic Relations issued the call for an apology after Rose Hamid was thrown out of the Trump rally at Winthrop University in South Carolina in Charlotte, N.C., on Friday.

Hamid said she was standing up in protest to a Trump statement when members of the audience pointed her out by chanting "Trump, Trump, Trump."

CAIR's national executive director Nihad Awad, also called on Trump to meet with American Muslim leaders.

Hamid said Saturday afternoon she hadn't received any response.

"I would like to hear what Trump has to say about it," she said. "I'd like to hear because if they say that it was because we were disrupting things, then I would like him to show evidence of where the disruption came, because the disruption didn't come from me." THE ASSOCIATED PRESS

PARIS

France honours those who died in extremist attacks in 2015

France's President Francois Hollande and other dignitaries held a special ceremony Sunday to honour all those killed in Islamic extremist violence around Paris in 2015 — a year when the European way of life was targeted time and again

with deadly consequences.

At least one attacker is at large, and France's top security official acknowledged Sunday that authorities don't know his whereabouts. The country is under a state of emergency after attacks in Paris

on Nov. 13. Paris was again jolted Thursday when a man wearing a fake explosives vest and wielding a butcher's knife ran up to a police station and was shot to death by officers standing guard.

Hollande and Paris May-

or Anne Hidalgo unveiled a plaque Sunday in memory of victims targeted at satirical newspaper Charlie Hebdo, a kosher market, a rock concert, cafes, a stadium and elsewhere. The violence left some 150 victims dead, and several attack-

ers were also killed.

The ceremony took place at Place de la Republique, a plaza that has become a symbol of Parisians' solidarity since the attacks, which began Jan. 7, 2015 with the Charlie Hebdo attack. THE ASSOCIATED PRESS

12

Number of people killed in attack on Charlie Hebdo offices.

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A woman reads *La Jornada* newspaper in Mexico City on Sunday which shows a picture of drug lord Joaquin Guzman, a.k.a. "El Chapo," right, shaking hands with actor Sean Penn. **Authorities hope to question Penn about his interview.** AFP/GETTY IMAGES

Penn interview led to El Chapo

MEXICO

Authorities raided hideout days after chat

Mexican officials say Sean Penn's contacts with drug lord Joaquin (El Chapo) Guzman helped them track the fugitive down — even if he slipped away from an initial raid on the hideout where the actor met him.

Penn's article on Guzman was published late Saturday by Rolling Stone magazine, a day after Mexican marines captured the world's most wanted kingpin in a raid on the city of Los Mochis, near the Gulf of California.

Penn wrote of elaborate secur-

ity precautions, but also said that as he flew to Mexico on Oct. 2 for the meeting: "I see no spying eyes, but I assume they are there." He was apparently right.

A Mexican federal law enforcement official, speaking on condition of anonymity, said the Penn interview led authorities to Guzman in the area of Tamazula, a rural part of Durango state.

They raided Guzman's remote hideout a few days after the interview and narrowly missed capturing Guzman, whose July escape from Mexico's top security prison — through a 1.5-kilometre tunnel — had embarrassed President Enrique Pena Nieto and made his capture a national priority.

THE ASSOCIATED PRESS

+ CRITICISM

Sean Penn's interview with Guzman has prompted criticism throughout the U.S. and led some social media satirists to wonder whether the actor will hold other interviews with leaders of terror organizations, such as the Islamic State of Iraq and the Levant (ISIL) and al-Qaida.

METRO



GETTY IMAGES

GERMANY

Cologne sex assaults, robberies must be investigated: Minister

German authorities need to quickly determine whether a string of New Year's Eve sexual assaults and robberies in Cologne blamed largely on foreigners may be linked to similar offences in other cities, the justice minister said in comments published Sunday.

Authorities and witnesses say the attackers were among about 1,000 people, mostly men, gathered at Cologne's central train station, some of whom broke off into small groups that groped

and robbed women.

"If such a horde gathers in order to commit crimes, that appears in some form to be planned," Justice Minister Heiko Maas told the newspaper Bild.

"Nobody can tell me that this was not co-ordinated or prepared."

The attacks are still being investigated, but police have said their focus is on suspects of primarily North African origin.

THE ASSOCIATED PRESS



Police use pepper spray to control protesters.

SASCHA SCHUERMANN/GETTY IMAGES

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NOTICE OF SETTLEMENT APPROVAL FOR THE ALBERTA CHILD WELFARE CLASS ACTION

PLEASE READ THIS NOTICE CAREFULLY AS IT MAY AFFECT YOUR RIGHTS

ATTENTION CLASS MEMBERS:

All persons who suffered injuries before or during a time when they were subject to a permanent wardship order or permanent guardianship order by Alberta Child Welfare between July 1, 1966 and February 19, 2008, or a temporary guardianship order by Alberta Child Welfare between July 1, 1985 and February 19, 2008.

PURPOSE OF THIS NOTICE

This Notice advises Class Members that a Settlement Agreement has been approved by the Court. The Settlement Agreement resolves a class action lawsuit regarding the alleged breach of duty by the Director of Child Welfare and others to make claims under crimes compensation legislation or file lawsuits on behalf of Class Members who suffered injuries while they were in the care of Alberta Child Welfare.

The Defendants deny the allegations and any wrongdoing or liability. The allegations made by the Plaintiffs have not been proven in court.

The class action is known as *T.L., R.M., and J.S. v. Her Majesty the Queen in Right of Alberta as Represented by the Director of Child Welfare and the Public Trustee*, Action No.: 0403-12989 in the Court of Queen's Bench of Alberta.

This lawsuit was certified as a class action on February 19, 2008. The time to opt-out of the action has passed. All those meeting the criteria of class membership are bound by this settlement.

SUMMARY OF THE SETTLEMENT AGREEMENT

- Class Members will be entitled to make an application to the Victims of Crime Financial Benefits Program (VOC), regardless of how much time has passed since the right to make an application for compensation arose.
- In the event that any Class Members' claims are rejected under the VOC for being too late (i.e. outside the time period permitted under the VOC Act), the claim can be submitted to an independent adjudicator for evaluation in an Alternative Claims Process.
- Claims adjudicated under the Alternative Claims Process will be determined on the same criteria for eligibility and compensation as under the VOC (not including limitations considerations).
- The Defendants will create a fund of up to \$6,500,000.00 out of which eligible claims in the Alternative Claims Process concerning Class Members who were subject to Permanent Wardship/Guardianship Orders/Agreements may be paid, and a fund of up to \$1,000,000.00 out of which eligible claims in the Alternative Claims Process concerning Class Members who were subject to Temporary Guardianship Orders may be paid.
- All eligible VOC claims will be paid by the VOC Fund, (over and above the monies provided by the Defendants to pay for eligible claims in the Alternative Claims Process).

Further details regarding the Settlement Agreement may be viewed at: www.mckenzielake.com or by contacting Class Counsel as listed below.

MAKING A CLAIM

All Class Member claims under the Settlement Agreement must start with the making of an application to the VOC, prior to January 15, 2017.

For application forms and information on making a claim to the VOC, call: (780) 427-7217 or toll free at: 310-0000; or email financialbenefits@gov.ab.ca; or visit www.victims.alberta.ca

If your application is rejected by the VOC because it is too late (beyond the limitation period), you may advise the Adjudicator that you wish your application to be considered under the Alternative Claims Process. If your application is rejected by VOC, you will be told how to apply to the Adjudicator.

If you elect instead to have your rejected VOC claim proceed through the appeal process under the VOC, you will forfeit your opportunity to participate in the Alternative Claims Process. The Alternative Claims Process is final, there are no appeals from determinations by the Adjudicator.

If you require assistance or want further information regarding the process for making claims, you can contact Class Counsel (contact details below).

LEGAL FEES

As part of the Settlement Agreement, the Defendants have agreed to pay \$750,000 towards Class Counsel's reasonable lawyer fees and expenses. The remaining legal fees are payable on a contingency fee basis, being up to 10% of all VOC applications approved by VOC for Class Members and 33.33% of all applications approved by the independent adjudicator in the Alternative Claims Process. The lawyer fees and expenses have been approved by the Court.

FURTHER INFORMATION:

For further information please contact Class Counsel as follows:

McKenzie Lake Lawyers LLP
140 Fullarton Street, Suite 1800
London, Ontario N6A 5P2
1-800-261-4844
albertachildwelfare@mckenzielake.com
www.mckenzielake.com

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Long hours don't kill relationships

STUDY

Dual-career couples made extra effort after work

It's a common belief that working longer hours can only cause problems in your relationship. However new research has shown that there is no link with an unhappy relationship, and in fact even the opposite might be true.

A team of researchers studied 285 couples in which both partners were pursuing their careers to look at a possible negative effect of long working hours on their relationships.

The majority of the participants worked as academics at a university, with the remain-

ing participants working in academic professions such as teaching or law or in managerial or technical positions such as IT consultant or engineer.

"Conventional wisdom and research seem to suggest that partners in dual career-couples have to decide whether they would rather risk their careers or their romantic relationship. ... Our research questions the assumption that working longer hours is hazardous for all romantic relationship."

To answer their questions

+ PUBLISHED

The study was published by SAGE in the journal Human Relations in partnership with The Tavistock Institute in the U.K.

the researchers looked at the hours participants worked, their satisfaction with their relationship, and their level of self-disclosure in their relationship, which measured their ability to express a need, wish, or want to their partner.

Participants answered three online questionnaires in total, answering two questionnaires to start and then the third six months later.

Instead of finding that working longer hours had a negative effect on a couple's relationship, the team found that couples actually made extra effort with each other after work to make up for time lost with their partners through working long hours, leading the researchers to suggest that longer working hours could in some cases even be beneficial for a relationship. AFP

STOCK MARKETS

Investors brace for rocky week



A trader works at the New York Stock Exchange last week as stocks opened lower on signs of belligerence in North Korea and weakening of China's economy. THE ASSOCIATED PRESS

Tumult in China triggered the worst opening week for U.S. stocks in history, and this week investors could get plenty more to worry about.

Earnings for companies in the Standard and Poor's 500 index are forecast to drop for the second straight quarter, a rare occurrence outside a recession. Despite a rebounding jobs market, the U.S. did not grow fast enough to boost profits, and once surging developing economies that helped lift foreign sales slowed dramatically.

All this would be worrisome enough at any time, but investors are particularly jittery now. U.S. stocks are expensive by some measures, even after slipping in 2015 and falling sharply in the first week of the year. That leaves little room for more disappointing news.

One widely respected gauge, the so-called Shiller earnings ratio, is flashing warning signs. Named after Nobel Prize winner Robert Shiller of Yale, the ratio compares the price of

stocks to annual earnings averaged over 10 years. The measure is now 25, much higher — meaning more expensive — than the long term average of 18. "When expectations are as high as they are, that's a problem," says Jack Ablin, chief investment officer of BMO Private Bank.

Companies begin reporting their results for the October-December quarter on Monday.

Earnings per share is expected to have dropped 5.5 per cent, according to S&P Capital IQ, a research firm. Revenues are forecast to fall for a fourth quarter in row.

This wasn't supposed to happen. A year ago financial analysts said earnings for the October-December quarter would jump 12 per cent, and urged investors to buy accordingly.

THE ASSOCIATED PRESS



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ROSEMARY WESTWOOD ROSIE ON ROSIE

The CBC announced Rosemary Barton's appointment as the official new host of Power & Politics last week, which should come as no surprise to anyone who witnessed her famous dressing-down of former Immigration Minister Chris Alexander.

Forceful, yet affable. Sharp, but not cutting. Rosemary Barton holds court nightly with politicians from across the country as the official new host of Power & Politics.

The CBC announced the appointment last week, which should come as no surprise to anyone who witnessed her famous dressing-down of Chris Alexander over the Syrian refugee crisis in September. Or perhaps to anyone who's watched her captain the show since.

Her appointment lends stability to a program thrown into disarray after former host Evan Solomon's public downfall over revelations he took a cut from art deals with some of the show's guests. And it puts her in the position of earning the public's trust when many high-profile journalists are viewed with skepticism for cosying up too closely to the powerful people they're meant to scrutinize.

"You have some sort of relationship with them," Barton tells me over Skype from the CBC's Ottawa bureau. "You have to keep that relationship, it has to be respectful, but at the same time you have to go toe-to-toe with them, because otherwise you're not going to get the answers you need."

Throughout our conversation, Barton is friendly, chatty,

quick to laugh. On-air, though, she aims to be tough. "There is an understanding that we all have jobs to do. You can be frustrated or angry or mad at someone if they're being too tough on you one day, but that is how democracy works. I've had people pout after an interview, but I've never had anyone say, 'Well I'm never coming back on the show because it was too hard.'"

training ground as a reporter for the CBC at the National Assembly in Quebec City, at a time of high tension over sovereignty issues.

"I not only fell in love with politics, but I also fell in love with that kind of reporting," she says. "Because I was a young woman, working in her second language (French), having to try and get English clips from people, I had to



better, for sure. If it had been a 30-day campaign, I'm not sure I would have been able to get where I needed to go."

She cites Peter Mansbridge among the reporters she admires. From Don Newman, former Power & Politics host, she learned the art of being a gentleman "while being difficult." From Susan Bonner, a mentor figure who filled in for Newman, she found support as a woman in politics.

Amid the extended honeymoon for Trudeau's Liberals, Barton — an admittedly deep cynic — now finds herself in the odd position of getting flak from the audience for being too hard on the government.

"The amount of ripping I get on Twitter when I say to John McCallum, 'Hey, you broke your promise on the refugees, huh?' (They're) not welcome, those questions, from lot of Canadians who want to see this government succeed, and who are all about the sunny ways."

A pause.

"I don't really care," she says with a short laugh. "At some point over the next four years, a promise will be bent or broken and the government will disappoint people, and it's important people know that they say one thing and they're doing something else."

Most especially, she foresees trouble with the Liberals' budget promises.

I tell her I want to end on a topic close to my heart: whether she goes by Rosie or Rosemary (her Twitter handle says one thing, her bio another and on-air, guests and colleagues call her both). As it turns out, either one is fine.

"To my friends I'm Rosie, and I guess I have a lot of friends now," she says.



HONEYMOON'S OVER The CBC's Rosemary Barton told Rosemary Westwood that her tough questions are upsetting people who want to see Trudeau succeed. **CONTRIBUTED**

You can be frustrated or angry or mad at someone if they're being too tough on you one day, but that is how democracy works.

Rosemary Barton

Born in Winnipeg in 1976, Barton didn't grow up with dreams of political reporting. A professor put her up for a job as a chase producer for a program on ICI RDI, the CBC's French news network, while she was studying French literature at College Universitaire de Saint-Boniface. That led to a master's degree in journalism from Carleton, by which point she was hooked on TV reporting.

"I like the power of TV, and I know it's potentially waning for all sorts of reasons, but it's immediate. It's the, you know, news is breaking, and you run in front of a camera and tell the story."

She found a pivotal political

be pretty aggressive. People working at the National Assembly are some of the top political reporters in the country. You had to be really ballsy, for lack of a better word, and I learned a lot."

Barton moved to Ottawa, and by the time crisis hit Power & Politics, she was the regular Friday host and fill-in for Solomon. In June, after he was fired, Barton took over as interim host. In August, Stephen Harper called the federal election. Bemoaned by some for its record length, the campaign proved crucial for Barton's chops as host.

"Both the length of the campaign and the intensity of that campaign helped me get

NEW URBAN PARADIS | Danielle Paradis on politics, people and progress in Edmonton

Your taxes pay for unaffordable housing, one way or the other

URBAN PARADIS

Danielle Paradis



Edmonton needs more affordable housing. But it seems the province won't pay for it, and city council doesn't feel Edmonton taxpayers should have to bear the cost, either.

According to EndPoverty Edmonton, one in four Edmonton households live in unaffordable housing. Children and youth are 29 per cent of the homeless population. The most recent annual report from the largest provider of social and affordable housing in Edmonton, the Capital Region Housing Corporation, says there are 250 new applications per month, with more than 2,000 families on the wait list.

Mayor Don Iveson wrote last month about the recent budget decision to not use property tax revenues to pay for affordable housing, saying, "Ensuring that a high concentration of the most vulnerable Albertans have proper shelter should not and cannot be the sole responsibility of the Edmonton property-tax payer."

Let's set aside the dubious notion that tax dollars should be the city's primary worry here and consider that, one way or another, taxpayers pay for unaffordable housing.

Homelessness is associated with a host of expensive things, such as shelters, increased policing and other temporary "solutions."

Lookout Society, an emer-

gency aid group in the Metro Vancouver area, lists the monthly costs to taxpayers for different types of housing. Hospital: \$10,900; jail, \$4,333; shelter bed, \$1,932; rent supplements, \$701; social housing, \$199.

Last year, Metro published a series of reports on Project Watch, started by the Edmonton police and expanded to include other government agencies. The project recognized that Edmontonians below the poverty line are often living in substandard apartments and flea-bag motels, subsidized by provincial dollars. Some of the conditions are shocking — but on a cold winter night they're still better than outside.

This is born of Edmonton's inability to provide affordable housing. Even with a high vacancy rate of 4.2 per cent, the rent in Edmonton is too damn high, only surpassed by Calgary, Vancouver and Toronto.

City council uploading affordable housing to the province is a neat trick, but doesn't do much for the people suffering from this multi-level political blame game.

"Housing first" is an approach that recognizes the need for independent living instead of reliance on public shelters and other more costly "solutions." As the co-chair of EndPoverty Edmonton task, Mayor Iveson knows this. Funding illustrates priorities. Anything else is just noise.

Danielle Paradis (@daniparadis) loves Edmonton, politics and flowcharts.

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The RSP rules that every investor needs to know

NEST EGG

Getting the most out of this important investment

Michelle Williams

Saving for your retirement is all about planning. If you're ready to contribute to a retirement savings plan (RSP), there are some rules of engagement you should know.

How much, how often?

You can make contributions as often as you like.

"The simplest way in terms of budget is to make regular contributions and sync it to your payroll deposits so you can make automated payments to your RSP," says Alan Cameron, investment advisor for Investment Planning Counsel. For freelancers or others who don't get a regular paycheque, make contributions throughout the year as funds permit.

"The big benefit of doing this versus racing to make a lump-sum payment at the end of the RSP season is that you can benefit from additional months of growth on your in-



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vestment because your money has been working for you longer," he says.

How much you contribute is also up to you, though there are limits — you can see exactly what your maximum allowable contribution is by looking at the bottom of your notice of assessment.

"In any given year, the amount of RSP deduction room you're granted is based on your

previous year's income, times 18 per cent, minus pension adjustments — anything that went into pensions on your behalf by your employer," explains Cameron. "Also added to this are any unused contribution allowances going back to 1991."

The interesting thing about investing in January and February (during the first 60 days of the new year) is that you can use those contributions toward

either the previous or the current year.

"For those who want to make a contribution by the deadline, it can be the difference between owing money and getting a refund," Cameron says. "But you also have the option to use it against the coming year."

How can you maximize your tax savings?

Take advantage of a spousal RSP.

"The spouse who makes the contribution — presumably the higher-earning spouse — gets the tax deduction," says Ron Dale, partner at Bongard Dale Fried Chartered Accountants. "And if the money stays in the RSP for at least three years from the date of the last contribution, the income stays with the lower-income spouse to be taxed at a lower rate when it's withdrawn."

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Your essential daily news

Joint memoir by mother-and-son Gloria Vanderbilt and Anderson Cooper to be published April 5



It was a night full of surprises

AWARDS

Oscar race still wide open after Golden Globes drama

Ned Ehrbar
Metro|Hollywood

The Hollywood Foreign Press certainly likes surprising people, if their picks for winners of the Golden Globes last night were any indication. The capricious collection of international journalists went against the grain in several categories.

The night started off with plenty of unexpected victories, including Kate Winslet winning best supporting actress for her role in *Steve Jobs*, beating out favourites Jane Fonda and Alicia Vikander; and Maura Tierney winning on the TV side for her supporting role in *The Affair*. The surprises even seems to catch the winners off-guard. "Is this really happening?" Winslet asked from the stage.

In the movie categories, it was a little less shocking as Leonardo DiCaprio won best actor in a motion picture



Matt Damon strikes a pose in the press room with his best actor in a comedy Golden Globe for his starring role in *The Martian*. THE ASSOCIATED PRESS

drama for his role as legendary frontiersman Hugh Glass in *The Revenant*.

Earlier, Matt Damon took home best actor in a comedy for *The Martian*, beating out The Big Short stars Chris-

tian Bale and Steve Carell. "It's literally been 18 years since I've been here doing this," Damon said during his speech. And Sylvester Stallone stunned the crowd with a win for his reprisal of Rocky

Balboa in *Creed*. In his speech, he thanked his career-defining character for being "the best friend I ever had." But he failed to thank his director, Ryan Coogler,



or co-star, Michael B. Jordan.

But the biggest surprises were on television. *Crazy Ex-Girlfriend* star Rachel Bloom beat out vets like Lily Tomlin and Julia Louis Dreyfus for best actress in a comedy series, and Lady Gaga took home a Globe for *American Horror Story*.

Amazon's little-watched *Mozart in the Jungle* won best comedy series, besting *Veep*, *Orange is the New Black* and *Transparent*, and best actor for star Gael Garcia Bernal. And freshman hacker drama *Mr. Robot* beat out *Game of Thrones* for best series.

At least Jon Hamm's win for the final season of *Mad Men* was expected — and incredibly welcome, and fan favourite Taraji P. Henson brought home a win for

OH, RICKY

Host lives up to his controversial rep

Once again, host Ricky Gervais didn't disappoint, packing in plenty of eyebrow-raising remarks:

- Caitlyn Jenner has done a lot this year for trans visibility. She didn't do a lot for women drivers, though."
- "To be fair, the Martian was a lot funnier than *Pixels*. But to be fair, so was *Schindler's List*."
- "On Matt Damon: "He's the only person Ben Affleck hasn't been unfaithful to."

Empire. And about the only thing that wasn't a surprise was Jennifer Lawrence winning for *Joy*, since the HFPA can't not give an award to her.

With so many surprises and head-scratching, though, it's unclear how this year's Golden Globes wins will impact an already scattershot awards season with no clear front-runners.

Maybe Thursday's Oscar nominations announcements will solidify a few of the key races.

FOR ALL THE WINNERS

DAZZLING DRESSES

FIVE LOOKS THAT WON THE RED CARPET

ALL PHOTOS GETTY IMAGES EXCEPT LADY GAGA: THE ASSOCIATED PRESS



Classic to contemporary

Jennifer Lawrence, who won for best actress in a musical or comedy, walks the line between glamour and gamine in Dior.



Golden Girl

Among the metallics crowd, Brie Larson shined with this golden number from Calvin Klein. Larson won for best actress in a motion picture drama. This was Larson's first nomination and award at the Golden Globes.



Old-school glam

Lady Gaga, who won a best actress award for her role in *American Horror Story*, went classic Hollywood with platinum Marilyn hair and a black off-the-shoulder custom dress by Versace.

Shine bright

Her second consecutive nomination for HTGAWM, Viola Davis rocked a Marchesa gown that showcased two of the top trends of the evening: high glitz and a capelet.



White hot
A muse for the maison, it's no surprise double nominee Alicia Vikander chose to wear Louis Vuitton after appearing in the luxury house's FW15 campaign.

5

CRIME DOCS FOR ARMCHAIR DETECTIVES

If you enjoyed *Making a Murderer* and are looking for more from the genre, here are five must-see true crime documentaries. TORSTAR NEWS SERVICE



1 The Staircase

Academy Award-winning documentarian Jean-Xavier de Lestrade made this hugely compelling series in 2004, focusing on North Carolina newspaper columnist and novelist Michael Peterson, whose wife Kathleen died under mysterious circumstances in 2001 at the bottom of a set of stairs in their home. Michael claimed Kathleen fell, yet he was convicted of her murder in 2003. A slew of startling revelations about Michael Peterson are woven into the film and, even if you'd decided whodunit by the end of it, de Lestrade furthers the debate with a 2012 sequel (*The Staircase 2: The Last Chance*) that you'll want to check out. A third is reportedly in the works. **Available on:** [Amazon.ca](#)



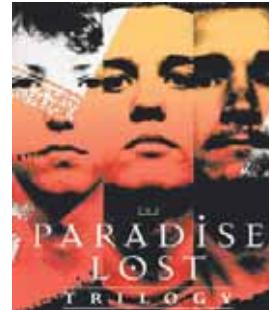
**2 The Jinx:
The Life and Deaths of
Robert Durst**

Director Andrew Jarecki only needs six episodes to stun audiences, along with an unforgettable eccentric, bitter multimillionaire suspected of multiple murders. The heinous effect of money on the law and a series ending will astonish even the most veteran true crime observers. **Available on:** [HBO on demand](#)



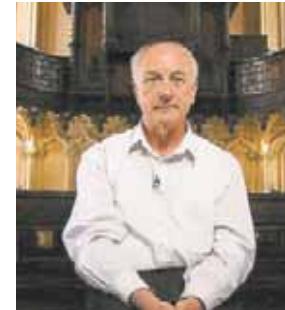
**3 The Central
Park Five**

This 2012 documentary examines the infamous, brutal rape and assault of a female jogger in New York City's Central Park, and five young men who were charged with and convicted of the 1989 crime. Made by Sarah Burns and David McMahon, it's a story of racial tensions, class, coerced confession and justice system sinkholes. Oh and Donald Trump plays a notable, shameful role. Timely for many reasons. **Available on:** [Netflix](#)



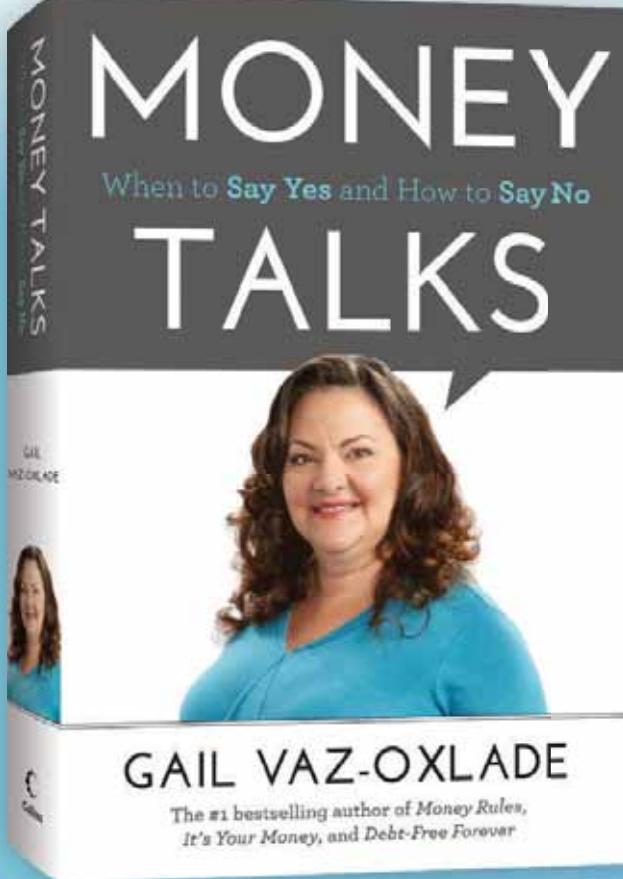
**4 The
Paradise Lost
trilogy**

In 1993, directors Joe Berlinger and Bruce Sinofsky began chronicling the tragic murders of three prepubescent boys in West Memphis, Ark., and the arrests of three teenage boys in connection with the case. Over eight years, they made three films that paint a disturbing picture of mob mentality, media firestorms and the wrongfully convicted. **Available on:** [iTunes](#)



**5 Deliver Us
From Evil**

Made in 2006 by director/producer Amy Berg, this is the story of Catholic priest Oliver O'Grady, who raped and sexually assaulted children in American parishes throughout the 1970s. Rather than being charged, O'Grady was transferred around the country by a church hierarchy that knew something was wrong and refused to address it. O'Grady and his victims are interviewed by Berg. **Available on:** [iTunes](#)



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

It's easy to trace the track of Obama's tears

THE SHOW: Barack Obama News Conference, Jan. 5
THE MOMENT: Obama crying



Barack Obama weeps at Jan. 5 news conference. GETTY IMAGES

The U.S. President stands at a podium, listing some steps he'd like the U.S. to take to curb gun violence. Then, looking grim, he invokes rhetoric beloved by Americans: "Our inalienable rights to life, liberty and the pursuit of happiness," he says, "were stripped from college kids in Blacksburg and Santa Barbara, from high schoolers in Columbine, and from first-graders in Newtown." He chokes up. "First graders," he repeats. As he wipes away tears, dozens of cameras click.

After watching a leader of the free world weep on TV, people reacted differently. The pundits on Fox questioned why Obama didn't cry over victims of terror. The late-night talk show hosts lambasted Fox.

I have my own idea about why the president wept. It wasn't for the 33,599 people who died by gun in the U.S. in 2014. It wasn't because there

were more mass shootings than days in the year. It wasn't even for the slain students. It was because Obama knows that nothing he does or says — not even invoking six-year-olds cut in half by machine-gun fire — will convince his colleagues in government to take measures to stop it. He wept from helplessness. The image of Obama crying will be a defining one

for his presidency. Not because he's compassionate (which he clearly is), but because history will judge gun violence to be the major failure of his tenure. Looking into his exhausted eyes, you can see he agrees.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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How to set your financial compass

PLANNING

Map out your money goals before making big decisions

Gail Vaz-Oxlade
For Metro Canada

Welcome to 2016. It's going to be a stellar year. Well, it could be. It could be if you are willing to stop managing your money by the seat of your pants and actually make a plan.

Type "financial planning" into Google and it takes just .7 of a second to get 104 million hits. Is it any wonder people are puzzled?

Maybe the place to start is with what a financial plan isn't. A financial plan is NOT a two-page document or a 10-page report you get after spending time talking to an expert. Nor is it what you have to do save for retirement or invest your money. And it certainly isn't buying a lottery ticket and crossing your fingers.

There are thousands of



A financial plan will help you keep your money priorities on track as life brings changes. iSTOCK

ways in which you will use our money over your life. A financial plan is a road map to make sure you're doing what you want with that money. It involves:

- setting goals
- managing your cash flow,
- creating an emergency

fund

- maintaining a healthy credit identity
- saving and investing
- mitigating life's risks
- minimizing your taxes
- creating an estate plan.

As your life and priorities change, so too must your plan.

There's no way to lay one plan and then make it to the end without some adjustments. You'd be some kind of boring if that were possible. Nope, a well-lived life requires that if you change your direction, you change your goals and then change your financial plan to match.

\$ MAKE YOUR MONEY WORK FOR YOU

Things to consider when making your financial plan

A financial plan is how you will use all that money you're working so hard for to meet your needs and achieve your goals.

- Will you get married?
- Will you go back to

school?

- Will you move across the country?
- Will you buy a home?
- Will you have children?
- Will you help put kids through university?
- Will you buy a car? Will you finance that car? How will you finance that car?

You might start out thinking that you're going to buy a home in the next five years. But then you find yourself "with child" and suddenly you're either panicked about not being able to afford it, or determined to make home-ownership happen before baby shows up. Hold your horses for a minute. If you make this an emotional decision, you could end up making a really bad decision. Instead, you want to look at your financial plan and see how you're doing, what you can tweak and what that change in direction will mean in terms of your other goals.

A financial plan is about having a general sense of what you want to achieve, and then deciding what's most important

and what will have to take a back seat. Maybe you won't be able to afford that home until you've finished your mat leave. Or maybe you'll reduce your mat leave so you can get back to the full income you need to make the mortgage payments.

In every step of life you have to make choices. So too it is with your money. You'll have to decide — and keep deciding — what's most important. Having a financial plan keeps your priorities front and centre so you don't end up going off half-cocked when making those decisions.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS



Milos Raonic beat Roger Federer 6-4, 6-4 Sunday in the Brisbane International final, reversing the outcome of last year's decider

NHL

Ovi completes race to 500 against Sens

Alex Ovechkin scored his 500th and 501st goals to become the 43rd NHL player to reach the milestone and the Washington Capitals beat the Ottawa Senators 7-1 on Sunday night.

Ovechkin reached the mark in vintage fashion, scoring from just beyond the left hash marks during a second-period power play to give the Capitals a 5-1 lead.

Teammates mobbed Ovechkin, and he got an extended standing ovation and took a skate around the rink, acknowledging the cheering crowd that included his parents.

"It's a great feeling obviously to do it in front of our fans," Ovechkin said, adding that it was a "pretty special moment."

He added No. 501 midway



Alex Ovechkin
GETTY IMAGES

through third. At 801 games, the Russian winger is the fifth-fastest player to 500 goals, trailing only Hall of Famers Wayne Gretzky (575 games), Mario Lemieux (605), Mike Bossy (647) and Brett Hull (693).

Ovechkin has filled the net more often than anyone since he entered the league in 2005, scoring 149 more goals than the next closest player, Jarome Iginla.

Washington has won four straight overall and 10 consecutive home games.

THE ASSOCIATED PRESS

IN BRIEF

Kane laughs last as Sabres get the better of Jets

Buffalo Sabres forward Evander Kane got the last laugh on Sunday afternoon.

Kane assisted on the game's final empty-net goal, which gave Sam Reinhart a hat trick and the Sabres a 4-2 win Sunday that halted their six-game losing skid.

Kane was playing his first game against the team that traded him last Feb. 11 in a multi-player deal that many fans considered good ridance.

Winnipeg got goals from Blake Wheeler and Mathieu Perreault. THE CANADIAN PRESS

Nets fire coach, reassign GM

The Brooklyn Nets fired coach Lionel Hollins and reassigned general manager Billy King on Sunday in the midst of their worst season since moving from New Jersey.

The Nets said assistant Tony Brown will serve as the interim head coach, and the GM position will remain open until a replacement is hired.

The Nets have lost nine straight games at home and have a record of 10-27, better than only the league-worst Philadelphia 76ers. THE ASSOCIATED PRESS

Seahawks' despair erased by 'grace'

NFL PLAYOFFS

Field-goal miss sends Seattle through to face Carolina

Russell Wilson and the Seattle Seahawks needed more than three quarters to warm up at Minnesota, their quest to avenge last year's Super Bowl loss nearly frozen before it began.

The Vikings, after gritting through this grind-it-out wild-card round playoff game, booted their chance to beat the two-time defending NFC champions. Blair Walsh's 27-yard field goal try into the frigid wind hooked left with 22 seconds remaining, handing the Seahawks a 10-9 win over the stunned Vikings on a Sunday in below-zero weather that tied for the third-coldest NFL game on record.

"A lot of people would've folded up and said, 'That's it,' but we've got a team full of fighters," Seahawks cornerback Richard Sherman said.

The Seahawks (11-6) didn't score until Russell Wilson's short touchdown pass to Doug Baldwin early in the fourth quarter. Then, a fumble by Adrian Peterson for the Vikings on the next possession set up a field goal by Steven Hauschka.

The Vikings (11-6) took the ball for the deciding drive with



Seahawks cornerback Richard Sherman tackles Adrian Peterson on Sunday. Peterson had 45 yards rushing and a pivotal fumble in the Vikings' loss. KIICHIRO SATO/GETTY IMAGES

SUNDAY In Minneapolis

10 9
SEAHAWKS VIKINGS

1:42 left at their 39 and, aided by a pass interference penalty on Kam Chancellor, drove deep into Seattle's territory. After draining the clock for the seemingly inevitable win, Walsh simply missed the winner after

making all three of his earlier attempts.

"That's called grace," Chancellor said. "That's all it is."

Seattle will play next weekend at Carolina, where the Panthers had a first-round bye in balmy mid-50s weather.

Walsh didn't hide. Holder Jeff Locke had the laces turned in, not out, but there were no excuses to be made.

"You're confident, but you never think that you have it or take it for granted," Walsh

AT WASHINGTON

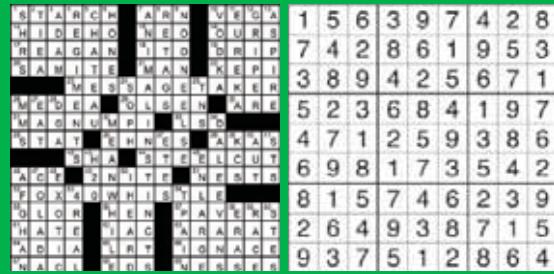
The Green Bay Packers move on to face the Arizona Cardinals after a 35-18 win in Washington on Sunday.

said, subdued with glassy eyes in the locker room afterward. "I just didn't put a swing on it that would be acceptable by anybody's standards."

THE ASSOCIATED PRESS

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Tide and Saban on brink of greatness

NCAA — FOOTBALL

Alabama and their coach can enter elite club with title win

Regardless of the outcome of Monday night's College Football Playoff championship game between No. 1 Clemson and No. 2 Alabama, a case can be made that no team in the history of the sport has had a better run than the Crimson Tide under coach Nick Saban. If Alabama beats the Tigers to win a fourth national title in seven seasons, the argument may be settled.

There was talk early in the season after Alabama lost to Mississippi that the Tide dynasty was in decline. Now Alabama (13-1) is one victory away from an unprecedented achievement.

The Tide can become just the third school in college football's poll era, dating back to the creation of The Associated Press media poll in 1936, to win four championships in a 10-year span.

Notre Dame won four in seven seasons from 1943-49, but big-time college football is hardly comparable now to then. Those Fighting Irish didn't play in bowl games and never needed more than nine victories to be the best in the country.

Miami won four championships in nine seasons (1983-91), but none of those teams had to play more than 12 games.

Alabama's four championships under Saban, who took over in 2007, have all come in at least 13-game seasons.

"I mean, it's incredible," Clemson coach Dabo Swinney said Sunday during a news conference with Saban. Swinney



Head coach Nick Saban, in white, of the Alabama Crimson Tide celebrates with the trophy after defeating the Spartans 38-0 in the Goodyear Cotton Bowl 2015. TOM PENNINGTON/GETTY IMAGES

heaped so much praise on his counterpart during the half-hour session with reporters that Saban looked a little uncomfortable.

"Coach Saban, what he's done, I mean, he's one of the greatest coaches that ever coached the game," Swinney said.

Saban also has a BCS title from his time at LSU, giving him four overall. Only former Alabama coach Bear Bryant with six has more. "This is the first one I've sniffed as a coach, and he's going for his fifth," said Swinney, who is in his eighth season at Clemson. "It's incredible."

Clemson has one national championship to its credit. Behind Danny Ford, an Alabama native and former Tide player for Bryant, the Tigers won the

Coach Saban, what he's done, I mean, he's one of the greatest coaches that ever coached the game.

Clemson coach Dabo Swinney

title in 1981 by beating favoured Nebraska in the Orange Bowl.

The Tigers are back on the biggest stage and again being led by an Alabaman and former Tide player. Swinney grew up near Birmingham and played for Alabama when Gene Stallings was the coach in the early

1990s. He was on the Tide team that won a national championship in 1992, upsetting Miami in the Sugar Bowl. Alabama then went through a long dry spell until Saban arrived.

"People will say, well, anybody can go win at Alabama," Swinney said. "Not everybody can coach a great team. Not everybody can coach a great player, and I think he has a gift to be able to do that."

Under Swinney, the Tigers have won at least 10 games each of the last five seasons, just like Alabama. And Clemson has its own shot at history: If the Tigers win the national title, they would become the first team to achieve a 15-0 season.

THE ASSOCIATED PRESS

SOCCER

Zidane effect instantly kicks in at Madrid

There is definitely something different about Real Madrid since Zinedine Zidane took over.

Obviously, it's still too early to know whether he'll succeed in his first head-coaching job, but it's already clear that his arrival has breathed new life into the Spanish giant.

Just like that, there's no more jeering at the Santiago Bernabeu Stadium. Players seem to have a new attitude. Critics have stopped talking about a crisis.

Putting a former club idol in charge apparently has produced the right result.

Real Madrid routed Deportivo La Coruna 5-0 on Saturday in its first game under the new coach. Although there was nothing unusual about the victory — anything other than a win wasn't expected — it was obvious that the atmosphere at the Bernabeu had changed.

"When a game is won the manager can only be happy," Zidane said. "What I liked most was the team's attitude."

The doubts that hung over the team when Rafa Benitez was in command were not there anymore. Even before the game

When a game is won the manager can only be happy

Zinedine Zidane

started, there was a sense that things had improved. The confidence was back. Fans were smiling again.

"I was absolutely delighted with the fans, it was clear that they were right behind the team from beginning to end," Zidane

said. "There was a good atmosphere." Nearly two months after an embarrassing 4-0 loss to Barcelona at the Bernabeu, spirits were finally high again at the club that calls itself the best in the world. For a change, Florentino Perez had a peaceful night at his presidential suite.

Real Madrid was inconsistent under Benitez, who struggled to get the team back on track following the defeat to Barcelona and the embarrassing elimination from the Copa del Rey for using an illegible player.

THE ASSOCIATED PRESS



Jennifer Jones beat Val Sweeting in the final THE ASSOCIATED PRESS

CURLING

Jones victorious in women's skins final

Winnipeg's Jennifer Jones defeated Edmonton's Val Sweeting on Sunday in the women's final of the Pinty's all-star curling skins game.

It all came down to the final stone in the eighth end, with Jones picking up the whopping \$37,000 skin to secure the victory.

Jones' rink on Kaitlyn Lawes, Jill Officer, and Dawn McEwen, took a total

of \$40,000 in the final. Combined with their \$14,000 earnings from Saturday's semifinal, Jones pocketed \$54,000 over the weekend-long tournament.

Sweeting earned a total of \$31,500 in prize money.

The men's final between Brad Gushue and Brad Jacobs was scheduled for later Sunday. THE CANADIAN PRESS

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RECIPE Kale, Spinach and Rice Cakes



PHOTO: MAYA VANDENOEVER

Ceri Marsh & Laura Keogh
For Metro Canada

Take leftover rice and transform into these health-packed cakes that are a perfect, light dinner with eggs.

Ready in
Prep time: 30 minutes
Serves 2

Ingredients

- 1 cup chopped spinach
- 1 cup chopped kale
- 3 cloves garlic, minced
- 1 Tbsp butter
- 1/4 cup chopped onion
- 2 eggs
- 1/2 cup cooked Arborio rice
- 1/2 cup Parmesan cheese

Directions

- Preheat oven to 400 F. Lightly grease a muffin pan.
- In a small pan, melt butter over medium heat. Add garlic and onion and sauté for 2 minutes, until onions are translucent.
- Place spinach, kale and butter mixture into food processor. Pulse until finely chopped. Transfer to a medium-sized bowl.
- Add rice, eggs and cheese into bowl. Stir until combined.
- Pour mixture into prepared muffin tin, leaving about 1 inch at the top. Bake for 20 minutes, or until set and edges are golden brown. Loosen edges with a knife and turn onto a plate. Serve warm with your favourite eggs.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

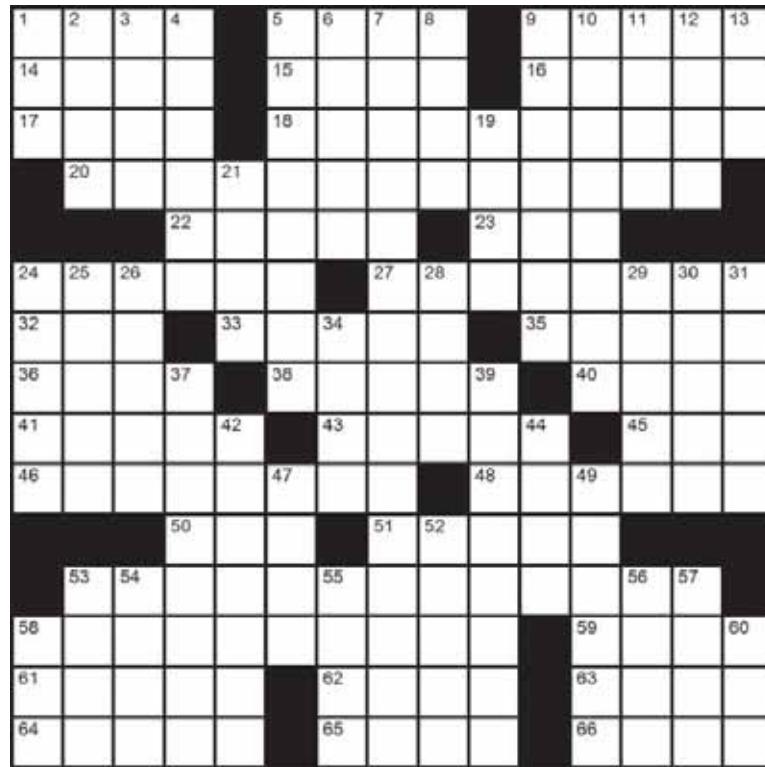
ACROSS

- Thundering sound
- Moonfish
- Beach Boys: "John B"
- Golfer's "Watch out!"
- Exasperate
- Mrs. Flintstone
- Bit of light in (Tilt the blinds)
- One who tolls from the steeple: 2 wds.
- Canadian author of the bestseller at #53-Across: 2 wds.
- Paint kind
- "Buttermilk Sky
- Dog-starring adventure series
- Canadian legend Oscar of jazz
- Blake Shelton's Oklahoma hometown
- Deep (Restaurant appliance)
- New, India
- Beaks
- Mister: Spanish
- Canadian jazz vocalist Matt
- Latin for 'fault'
- Valuable holding
- Ms. West
- Athlete's activity
- Horror flick of 1932 that Dracula would enjoy
- Mr. Somerhalder
- :)
- CBC's set-in-19th-century-Newfoundland miniseries of 2002

DOWN

based on #20-Across' same-named novel: 2 wds.

- When a goal is expected to be reached: 2 wds.
- Flatbread variety
- Blu Cantrell's "—"
- Up Style (Oops!)"
- Challenger
- Poet Mr. Pound
- Having a single component
- Nuptials exchanges: 2 wds.
- Dog's "Hey, that hurts!"
- Art object
- Like a trip won on a game show: 3 wds.
- Sea captain's spot
- Stylishly added the soft ice cream to the cone
- Remained, as the



* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

Good things and good people will come into your life this week. You're so popular that your name is at the top of everyone's guest list. Your only problem is going to be finding the time to keep your admirers happy.

Taurus April 21 - May 21

If you've been thinking about changing direction in your career now is the time to start making some serious moves. All options are open to you, it's just a question of choosing the right one.

Gemini May 22 - June 21

You're the flavour of the month. Don't hesitate to take advantage of people's good feelings toward you. Travel will broaden your horizons.

Cancer June 22 - July 23

Take full advantage of the favourable position you'll find yourself in today. Don't miss out because you think it would be wrong to do well for yourself while others are struggling.

Leo July 24 - Aug. 23

If a friend or family member says something critical don't think they're trying to put you down. More likely they're trying to make you aware of the mistakes you've been making so you won't make them again.

Virgo Aug. 24 - Sept. 23

You'll always reap what you sow, and if recent efforts are anything to go by that means you have a great deal to look forward to. Sit back and enjoy the good things heading your way.

Libra Sept. 24 - Oct. 23

The planets are not only boosting your creativity but also your confidence. Find ways to help loved ones who are not feeling as good about life as you are. With your assistance they will soon be smiling again.

Scorpio Oct. 24 - Nov. 22

You will find it easy to show affection today, even if you are the kind of Scorpio who prefers to keep your feelings to themselves. Let loved ones know you still care for them.

Sagittarius Nov. 23 - Dec. 21

Others will find out soon enough what your opinions are so you might as well come clean now. And if they don't match what most people believe? Then most people are wrong.

Capricorn Dec. 22 - Jan. 20

Ignore those who say you have been lucky and don't deserve it. They're just jealous that they have to work so hard while everything seems to come easy to you. Yes, life can be unfair at times, but that's how it is.

Aquarius Jan. 21 - Feb. 19

Try not to be so intense. Rest assured that everything that is meant to happen will happen when the time is right. Relax and let life come to you.

Pisces Feb. 20 - March 20

There's so much to be thankful for and yet you seem determined to focus on the very few things that have gone wrong. It's time to lighten up a little and let your heart guide you. You will be happier for it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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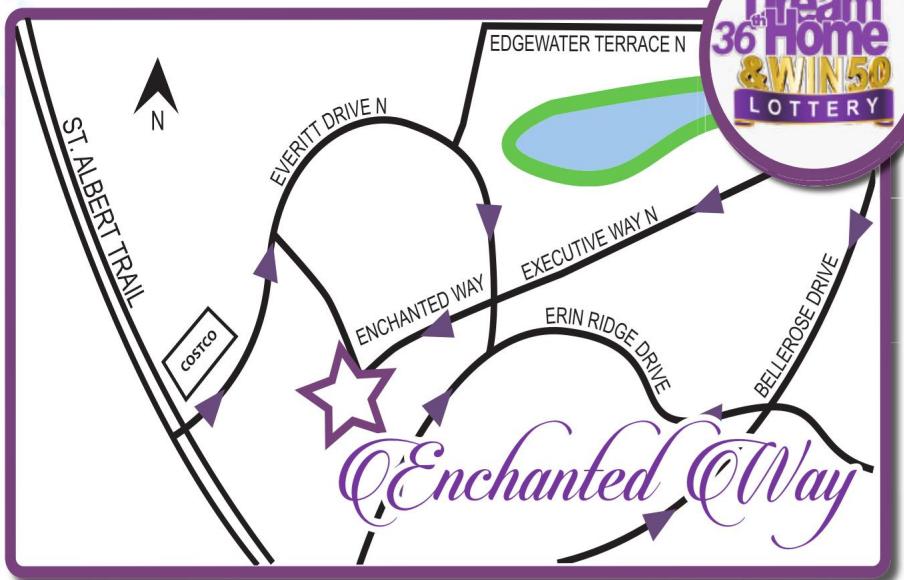
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